



Your Personal Safety at Home

The social effects of the COVID-19 pandemic, stress, anxiety, financial uncertainty, and isolation can create a tense living environment, putting many people in danger of violence from abusive partners or family members. Here are some tips for you and your loved ones.

- Keep your phone fully charged, in an emergency call 911
- Have an emergency code word for children or elderly members in the home to use when they feel unsafe. Also have an emergency code that you can text family and friends living outside of the home when you feel unsafe
- Lock up anything that can be used as a weapon and/or know where they are stored in the house
- Stock up on first aid supplies like bandages and antiseptics
- Avoid wearing items that can be used as a weapon against you like scarfs or jewelry
- If things escalate, stay in a room with quick access to an exit and minimal access to weapons. Stay away from the kitchen

Help is still available

Intimate Partner Violence

Houston Area Women's Center

(Services available in all demographics and background)

Domestic Violence Hotline: (713) 528-2121 (24/7)

Sexual Assault Hotline: (713) 528-RAPE (7273) (24/7)

Montrose Center LGBTQ Switchboard of Houston (Services available to all Texas residents)

Crisis Hotline: (713) 529 -3211 (24/7)

National Domestic Violence Hotline

Call 1 (800) 799 - SAFE (7233) 24/7 | Text LOVEIS to 22522

Log on to thehotline.org